

# Vegetable-Beef Soup

**Makes:** 8 Servings

Did you know? Protein foods include both animal (meat, poultry, seafood, and eggs) and plant (beans, peas, soy products, nuts, and seeds) sources. Enjoy this delicious soup with canned beef.

## Ingredients

- 1 can** beef (about 24 ounces)
- 1 cup** whole grain rotini (uncooked, other pastas can be used instead)
- 1** large onion (chopped)
- 4 cups** water (for soup)
- 1 cup** kidney beans (cooked)
- 1 can** low-sodium carrots (drained, about 15 ounces)
- 1 can** low-sodium corn (drained, about 15 ounces)
- 2 cans** low-sodium tomatoes (diced, undrained, about 15 ounces)

## Directions

1. Cook pasta according to package directions; drain and set aside.
2. In a large pot over medium heat, cook onion in vegetable oil for about 5 minutes, stirring often, until onion is soft.
3. Add beef to onions and cook for about 1 minute.
4. Add water, kidney beans, carrots, corn, tomatoes, and cooked pasta to the beef and onion mixture.
5. Heat on high for about 10 minutes.

## Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	360	
Total Fat	16 g	
Protein	22 g	
Carbohydrates	33 g	
Dietary Fiber	6 g	
Saturated Fat	7 g	
Sodium	239 mg	

